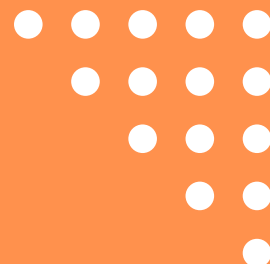


March 2025



EVENTS & ACTIVITIES

Waconia Area Senior Center



REGULAR HOURS

Monday-Thursday
10am-3pm

LOCATION

201 S. Vine St.
Waconia, MN
55387

Located in City Hall

WEBSITE

www.waconiaseniorcenter.org

QUESTIONS?

Call
952.856.4474
Email:
seniorcenter@waconia.org

OUR MISSION

The mission of the Waconia Area Senior Center is to provide a centralized location for seniors to connect with other seniors and stay engaged in active living. We strive to establish a welcoming setting that promotes social, emotional, and physical well-being, and lifelong learning.



The Waconia Area Senior Center serves adults age 55 and over in Waconia and our surrounding communities. Individuals and groups are welcome to "drop in" and take advantage of our ample space, tables, games, and refreshments.

PROGRAM REGISTRATION

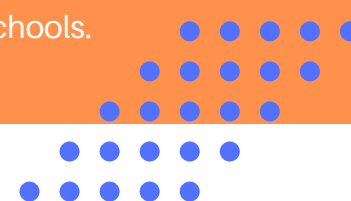
Program registration is now done online, through our website (waconia-seniorcenter.org). Our on-site staff will be available to assist, if needed. Please call 952.856.4474 with any questions.

DONATIONS GREATLY APPRECIATED


Funds are used for supplies and food provided in the Senior Center.

WEATHER CLOSURES

The Senior Center will follow closures for the Waconia schools. Updates will be made on the website and Facebook.



WACONIA SENIOR CENTER

* Registration Required
 \$ Fee Required  Exercise Class

MARCH 2025 EVENTS & ACTIVITIES CALENDAR


MON

TUE

WED

THU

3

10am Games of Choice
11am-12pm Senior Strength* 
12:45 pm Mahjong


4

10am Mexican Train
 Dominoes
10am Cribbage
10:30-11:30am Music BINGO*
12:30-3pm Tech Support* 
1-3pm Book Club*


5

10am Card Games
 *Monthly Highlight -
 Up & Down the River
 w/Mayor Tim*
12:30pm Yahoo BINGO

6

9am Walking Group 
10am Class of '65
10am Board Games
12:30pm Bridge
1-3pm Waconia Ice Arena
 Tour*

10

10-11:45am Quilting
 Group*
10am Games of Choice
11:45am-12:30pm Chair
 Yoga* 
12:45pm Mahjong

11

10am Mexican Train
 Dominoes
10am Cribbage
10:30-11:30am Name that
 Town w/Doug Ohman*

12

10am Card Games
12:30pm BINGO

13

9am Walking Group 
10am Board Games
12-2pm Craft
 w/Angela \$*
12:30pm Bridge


17

10am Games of Choice
11:30am-12:30pm
 St. Patrick's*
 Day Potluck
12:45pm Mahjong


18

10am Mexican Train
 Dominoes
10am Cribbage
10:30-11am Nutrition*
 Presentation (Oak Room)
10:45am-3:45pm
 SideKick Theater: On The
 Road Again \$*
By Appointment: Foot
 Clinic @ Safari Island \$*


19

10am Card Games
10:30-11:15am Keep in
 Balance* 
12:30pm Yahoo BINGO

20

9am Walking Group 
10am Board Games
10am-12pm Craft: Beaded
 Plant Stakes \$*
12:30pm Bridge
1-2pm Alzheimer's: 10*
 Warning Signs (Oak Room)

24

10am Games of Choice
11:45am-12:30pm Chair
 Yoga* 
12:45pm Mahjong


25

10am Mexican Train
 Dominoes
10am Cribbage
TBD: \$5 Movie @ \$*
 Emagine Theater

26

10am Card Games
12:30pm BINGO


27

9am Walking Group 
10am Board Games
11:30am Poetry Group
 (Oak Room)*
12:30-1:30pm
 Music Trivia*
12:30pm Bridge

31

10am Games of Choice
10-11am Donuts with
 the Deputy*
12:45pm Mahjong

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Monthly Breakfast Outing: Friday, March 28 @ 10am at Bakery on Main \$*

Event & Activities Description

\$5 Movie *💰

Tuesday, Mar. 25

Enjoy a movie at Emagine theater in Waconia with your friends! The time and movie title will be announced during the week of March 10th. On Tuesdays, you also receive FREE popcorn! (Each Emagine Rewards member gets a free 85oz. popcorn.)

Alzheimer's: 10 Warning Signs *

Thursday, Mar. 20 1-2pm

Alzheimer's and other dementia cause memory, thinking, and behavior problems that interfere with daily living. Join us to learn how to recognize common dementia warning signs; how to approach someone about memory concerns, the importance of early detection and benefits of a diagnosis, possible tests and assessments for the diagnostic process and Alzheimer's Association resources.

BINGO

Wednesdays 12:30pm

Join us for classic and Yahoo BINGO.

Birthday Parties

Wednesday, Mar. 26

Celebrate all birthdays during the month of March with some sweet treats!

Board Games

Thursdays 10am

Come and enjoy your favorite board games with your friends! Channel your competitive spirit and enjoy the element of chance.

Book Club *

Tuesday, Mar. 4 1-3pm

Join us for a discussion of the book "The Immortal Life of Henrietta Lacks" by Rebecca Skloot. The book explores the ethical issues surrounding the use of Henrietta Lacks's cells in medical research without her consent. The book also highlights the importance of informed consent and community engagement in research.

Bridge

Thursdays 12:30pm

Bridge is a four-player partnership trick-taking game with thirteen tricks per deal. The dominant variations of the game are rubber bridge, more common in social play; and duplicate bridge, which enables comparative scoring in tournament play. Each player is dealt thirteen cards from a standard 52-card deck. Open to beginners and experienced players!

Card Games/Games of Choice *

Mondays & Wednesdays 10am

Drop in to join a variety of card games including: Hand & Foot, 500, and Kings Corner. **This month we will highlight Up & Down the River on Wednesday, Mar. 5 from 10-11am with Mayor Tim!** Not sure how to play? This is the perfect time to check it out. Up & Down the River is a card game where players bid on how many tricks they can win, and then try to take exactly that many. The game's name comes from the fact that the number of cards in each player's hand increases and decreases by one in each deal.

Class of '65

Thursday, Mar. 6 10am

Meet other "65ers" to connect and reminisce!

Craft: Beaded Plant Stakes *💰

Thursday, Mar. 20 10am-12pm

\$5

Come & enjoy craft therapy and socializing! We'll add some bling to those everyday plant stakes. They will be a beautiful addition to any plant. Bring your creation home or leave it at the Senior Center to donate. Limited to 10 people. Please bring your fee with you the day of the event. The cost will go into the Senior Center budget to cover the cost of crafts.

Event & Activities Description

Craft: w/Angela * \$

Thursday, Mar. 13 12-2pm \$5

Interested in making birds, and other animal shapes, flowers etc. out of air dry clay? We will form air dry clay over foil, to create a decorative form on a stick that can be used to stick in house potted plants. After a few days of drying you can come back to paint them. All materials will be supplied. Registration is required, limited to 10 people. Please bring your fee with you the day of the event. The cost will go into the Senior Center budget to cover the cost of crafts.

Cribbage

Tuesdays 10am

A card game, usually for two players, in which each player tries to form various counting combinations of cards. Each player receives six cards, and the score is kept by moving pegs on a narrow rectangular board. Beginners and experts are invited to play.

Donuts with a Deputy *

Monday, Mar. 31 10-11am

Join us for coffee and donuts as we listen to updates from one of the Carver County Sheriffs. The updates are always entertaining and informative. You won't want to miss it!



Foot Clinic * \$

Tuesday, Mar. 18 8am-4pm \$60

Call 651.829.3944 to schedule your appointment at Safari Island. Healthy feet enable you to maintain mobility and independence. Regular foot care is important for increased comfort and improved overall well-being.

Registered nurses provide the following services: assessment of feet and skin, trim toenails, manage fungal nails, reduce corns/callus, and diabetic foot care.

Keep In Balance * \$

Wednesday, Mar. 19 10:30-11:15am

One of the main risk factors for falling is poor balance. Using a chair for support this 45-minute class will use a variety of exercises that target your balance and lower body strength! Tennis shoes recommended.

Mahjong

Mondays 12:45pm

A fun and popular tile-based game that was originated in China in the 19th century. It's a game of strategy, skill & luck, similar to rummy, where players try to be the first to collect 14 tiles of a certain combination. All levels are welcomed! If you have never played before a seasoned player will help guide you through the game. A GREAT way to challenge the mind!!! Mahjong sets provided by the Senior Center.

Mexican Train Dominoes

Tuesdays 10am

Mexican Train is a game played with dominoes. The object of the game is for a player to play all the tiles from his or her hand onto one or more chains, or trains, emanating from a central hub or "station". The game's most popular name comes from a special optional train that belongs to all players. Dominoes provided by the Senior Center.

Event & Activities Description

Monthly Breakfast Outing * 💰

Friday, Mar. 28 10am

Start your weekend off on the right foot! Every month we will plan a breakfast outing to a different local restaurant. This month join a group of senior center friends at Bakery on Main in Waconia at 8am for a delicious breakfast or cup of coffee. We'll do the planning and then breakfast is on you!

Music BINGO *

Tuesday, Mar. 4 10:30-11:30am

Join us as the Carver County Library presents BINGO. Win gently used books as prizes. This project is made possible by the Charles J. Dahlke Grant Program.

Music Trivia *

Thursday, Mar. 27 12:30-1:30pm

How well can you “name that tune?” Listen to snippets of a variety of genres throughout the decades and be the first to name the artist or song title. Join us for our monthly trivia event. Each month we will pick a different theme. Compete against your friends to get the correct answer in the fastest time. All you need to bring is your phone and your knowledge!

Name That Town *

Tuesday, Mar. 11 10:30-11:30am

Journey throughout the state of Minnesota with photographer and storyteller Doug Ohman as he explores towns and villages. The program will focus on the rich history of various cities and towns and include interesting stories relating to the town names.

Nutrition Presentation *

Tuesday, Mar. 18 10:30-11am (Oak Room)

Join Andrew Akhaphong, Mackenthun's Registered Dietitian, for our monthly nutrition topic. National Kidney month is celebrated in March. It's a time to learn about the kidneys, which filter blood and are important for overall health. Let Andrew give you tips on a how to support kidney health by eating more plant-based foods, limiting salt, and reducing your intake of certain proteins.

Personal Technology Support *

Tuesday, Mar. 4 12:30-3pm

Volunteers from Senior Community Services' Technology Education, Connection & Help (TECH) Services team can help you:

- Troubleshoot device settings or errors
- Find and use helpful device features
- Manage online security and safety
- Download and manage applications
- Virtually connect via Zoom or Facetime

Bring your device with you. (If this is your first time using this service, please complete the registration form with Senior Community Services: <https://bit.ly/3VZAY76>)



Poetry Group *

Thursday, Mar. 27 11:30am (Oak Room)

Explore poetry themed around limericks & the Irish. A bubbly beverage will be provided for you while you listen.

Quilting Group *

Monday, Mar. 10 10-11:45am

All quilters, including beginners, are invited to join this group each month.

Event & Activities Description

St. Patrick's Day Potluck *

Monday, Mar. 17 11:30am-12:30pm

Together let's celebrate the "Luck of the Irish" at the St. Patty's Day "Hot Potato Bar" Potluck!! Bring a potato topping to share or a dessert!! Food sign-up is available at the Senior Center. Wear "GREEN" and you can put your name in the "Pot of Gold" to be a "lucky" winner for a prize drawing!!!

Senior Strength Exercise Class *🦵

Monday, Mar. 3 11am-12pm

This is a total body workout with a focus on strengthening the core and limbs while amplifying the body's movement through stretch, improving overall balance, posture, muscle tone and mobility. By learning how to move the body in a healthy way, one can reduce pain, improve body awareness, avoid injury and reinforce proper movement principles.

SideKick Theater: On The Road Again *💰

Tuesday, Mar. 18 10:45am-3:45pm

On the Road Again is a memorable concert filled with your favorite country music from decades past. Get ready for some fantastic fiddling and even more lush harmonies. Featuring music of Hank Williams, Patsy Cline, Johnny Cash, Willie Nelson and Waylon Jennings. Bussing will be provided for this event, leaving the Waconia Senior Center at 10:45am. Please arrive a little early to board the bus. Lunch will be served at 11:30am and the show runs from 1-3pm, including an intermission. Prices include the dinner, show, and gratuity. The bus will bring you back to the Senior Center after the show, around 3:45pm. Registration is required. Reserve your spot, since space is limited!

SilverSneakers Chair Yoga *🦵

Mondays, Mar 10 & Mar. 24

11:45am-12:30pm

Move your body through a series of seated and standing yoga poses. Chair support helps you safely perform a variety of postures designed to increase flexibility and improve balance and range of motion. Restorative breathing exercises and final relaxation promote stress reduction and mental clarity.

Waconia Ice Arena Tour *

Thursday, Mar. 6 1-3pm

Have you ever wanted to sit in the driver's seat of a Zamboni or get an up close look at how big a Zamboni really is? Did you know that there are five miles of piping underneath a sheet of ice to keep it frozen? Did you know that they use 150 gallons of 140 degree water every time the Zamboni cleans the ice? Find out how an ice arena runs on a daily basis. Dan Montague, Waconia Ice Arena General Manager, will lead you on a tour of the facility, including the locker rooms, and answer all of your questions!

Walking Group 🦵

Thursdays 9-9:30am

Let's get moving! Join us at Safari Island Community Center to walk the track and chat with friends. Reap the benefits of walking...strengthen your heart, ease joint pain, boost immune function, and improve your mood!

Senior Center Monthly Recipe

Shared By: Orla Heinze

Chip Cookies

1/2 c. Granulated Sugar

1/2 c. Brown Sugar

2/3 c. Butter

1 Egg

1 1/2 c. Flour

1/2 tsp. Baking Soda

1/2 tsp. Salt

1 pkg. (6oz. 2c.) Chips (Any Flavor)

1 capful Extract (Any Flavor - Mint, Vanilla, Peppermint, Almond, Strawberry, Maple Nut. etc.)



1. Heat oven to 375.
2. Mix the first four ingredients together. Stir in the rest of the ingredients.
3. Drop round Tbsp. onto cookie sheet or on parchment paper.
4. Bake 8-10 minutes. Remove cookies.
5. Cool slightly.

Makes approximately 24 cookies.

Event & Activities Description



All exercise classes are provided by Safari Island Community Center. Members of Safari Island can attend class for free. Non-members pay a \$5 fee. Not registered as a member of Safari Island? Most insurances provide a FREE membership. Please contact Kristi Sherlock at 952.442.3105 or ksherlock@waconia.org to see if you qualify!



PROGRAM REGISTRATION REMINDER

Program registration is done online, through our website (wacniaseniorcenter.org). Our on-site staff will be available to assist, if needed. Please call 952.856.4474 with any questions.

Registration Required

Fee Required Exercise Class

ADVISORY COMMITTEE:

Barbara Brooks
Brenda Goede
Patsey Harris
Shirley Heinen
Bob Jax
Sue Leffler
Lynn Marie Stanley
Helenette VanEyll
Elaine Varner
Heidi Vars